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Dental Facts

XEROSTOMIA (Dry Mouth)

Definition

Xerostomia is the medical word for dry mouth due to decreased or absent saliva. This problem is quite common and is caused by a variety of medical conditions and medications.

Helpful Hints

- Sip cool water throughout the day, let ice chips melt in your mouth (don't chew ice!)
Most people do not drink enough fluids and this will contribute to a dry mouth
- Try drinking 2% or whole milk with meals
Milk has moisturizing properties and helps some people to swallow their food
- Restrict caffeine intake-caffeine is a MAJOR cause of dry mouth.
Consider caffeine-free tea, coffee, and soda
- Avoid alcohol and alcohol-containing mouthwashes (read labels carefully)
Alcohol and sodium lauryl sulfate (SLS) can irritate the tissues
- Use sugar-free candy, gum and beverages, look for products that contain Xylitol
Avoid acidic flavors of the candies
Spry or Ice Breakers Ice Cubes gum- 2 pieces chewed for 5 min after each meal
- For dry lips use lip balm during the day and at bedtime- avoid Vaseline
Hydrous lanolin USP (Lansinoh), Banana Boat Aloe with Vitamin E Lip Balm, or Blistex Herbal Answer
- If possible, sleep on your side in order to reduce mouth breathing
See your dentist frequently
People with dry mouth are more prone to oral yeast infections as well as dental cavities
- Recommended Toothpastes
Tom's Natural Oral Care
Biotene
Prescription Clinpro or MI Paste